



Protection through Prevention

UPDATE

AN NMCPHC PUBLICATION WINTER 2012

HOT TOPICS IN PUBLIC HEALTH...

"click" on the links
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Epidemiology: "Dollars & Sense"

JENNIFER BARBER
HEALTH ANALYSIS

The Health Analysis Department recently participated in the Population Health Networking Group's Monthly Webinar to promote our evidence-based Wounded, Ill and Injured Quality of Care metrics. The metrics assess the quality of care delivered in Navy Medical Treatment Facilities (MTFs) related to four high volume, high risk, and/or high cost conditions: Major Depressive Disorder, Post Traumatic Stress Disorder, Mild Traumatic Brain Injury, and Substance Use Disorders. Improving care for these conditions of high level interest is a key in supporting returning warriors and their families; therefore, it is critical that Navy Medicine providers are aware of clinical practice guidelines and recommendations in support of evidence based care.

Awareness of clinical practices guidelines is imperative to improving and reducing unwanted variation in care. By monitoring metric progress, Health Analysis is able to provide leadership at the enterprise through MTF levels to ensure the highest quality of care is provided throughout our facilities.

In light of recent budget scrutiny, our staff members recognized the importance of communicating with the MTFs while carefully utilizing funds. Our department's decision to engage in a webinar reduces the need for travel funding while ensuring communication with a broad audience. This directly supports President Obama's recent Executive Order to reduce waste among federal agencies.

The Population Health Networking Group webinars are a grassroots initiative out of Naval Hospital Bremerton in which individuals across the services collaborate on best business practices and improving population

health. We were able to reach representatives from MTFs across the nation within one hour sitting right here at NMCPHC. With the administration focusing on reducing spending related to travel and conferences, we continue to meet the demand for services through video conferences and webinars.

"Despite these times of restricted funding, we strive to meet our mission of improving the quality of healthcare," said Health Analysis Clinical Epidemiologist, Jessica Newton. "Communication is key to what we do and if we are unable to reach out to the people who need the information we will not be able to do our part in helping Navy Medicine to provide world class treatment through recommended and evidence based practices."

The Health Analysis Department

plans to continue their involvement in these cost-effective strategies in the future, hoping to reach as broad an audience as possible.

The presentation received positive evaluations including additional requests for webinars on Health Analysis related topics. Our department anticipates participating in additional presentations well into 2012. As we continue to receive requests for new projects, the need to disseminate findings grows. Considering our department's involvement in a variety of health issues ranging from evaluation of performance measures to determining the prevalence of mental health or chronic diseases, we continue to focus on finding creative methods to promote findings in hopes of increasing medical knowledge across the Military Health System.

**"COMMUNICATION IS KEY TO
WHAT WE DO AND IF WE ARE
UNABLE TO REACH OUT TO THE
PEOPLE WHO NEED THE
INFORMATION WE WILL NOT
BE ABLE TO DO OUR PART"**

-JESSICA NEWTON
HAD CLINICAL EPIDEMIOLOGIST

... From the CO's Desk



CAPT. MICHAEL J. MACINSKI
COMMANDING OFFICER
NMCPHC

**"NMCPHC is
committed to
"best practices" in
public health, to
include all the
areas we provide
services."**



NMCPHC Awards Ceremony—January 2012: NMCPHC civilian employees were recognized for their various accomplishments to the public health mission. (FRONT Left—Right: Ms. Debra MacLean, Ms. Quetta Ruffin, Ms. Jessica Newton, Mr. Bob MacDonald. REAR: Capt. Mike Macinski, Commanding Officer, NMCPHC)

Welcome to the first edition of the Navy and Marine Corps Public Health Center's quarterly newsletter. It is our intent to highlight current topics of importance to leadership and other stakeholders on various top-quality projects and initiatives resulting from the hard work of the dedicated Public Health Center staff. NMCPHC is committed to delivering "best practices" in public health, to include all of the disciplines that we provide to our internal and external customers. Navy and Marine Corps Public Health Center has a history of many decades providing assistance to deployed Navy and Marine Corps units, to Medical Treatment Facilities, and to supporting units worldwide. We work together with other Uniformed Services, the Center for Disease Control, and other Federal agencies to share ideas and improve on interoperability. NMCPHC is working not only to meet the missions of today but the new challenges of the future, aligning our products and services to meet the Navy Surgeon General's and Chief of Naval Operations guidance.

Our staff of military, civilian and contractors represents some of the best and brightest in public health in this country, and many are considered "world class" experts in their field. NMCPHC executes the Public Health mission by providing Health Readiness across the Naval and Joint environments. "Protection through Prevention" is more than a slogan. It is what our staff does every day, and our commitment to do

Navy & Marine Corps Public Health Center Public Health Update

Capt. Michael J. Macinski
Commanding Officer

Capt. Robert W. Farr
Executive Officer

Robert Searles
Command Master Chief

Hugh J. Cox
Public Affairs Officer

W I N T E R 2 0 1 2

CMC Corner

Greetings Navy and Marine Corps Public Health, welcome to our first edition of the Quarterly Newsletter. Thanks to Mr. Cox for taking on the most worthy effort. The last quarter has been a very exciting and lucrative time. Every department has been gainfully employed meeting the challenges supporting the frontline war-fighters and their families. During this quarter your expertise has seen the gamut mold, tuberculosis, radiation leaks, inspections, and much more. NMCPHC was immortalized as it was cleverly woven in the pages of the recent release of Patricia Cornwell's latest crime novel "Red Mist". (I hear it is not for the faint of heart).

It wasn't all work, our many committees came together to inspire, educate, and entertain. Thank you to the Diversity Committee who gave us knowledge of the different cultures of our peers. The Health Promotion Committee which provided keys to healthy living habits. Kudos to Ms. Sally Vickers who thought outside of the box, using a very cool gift-basket raffle to inspire us to complete our annual health assessments. Last but not least the Quality of Life Committee supported all of our events and gave us a Holiday Party that was truly outstanding. Take the time to thank each of the volun-

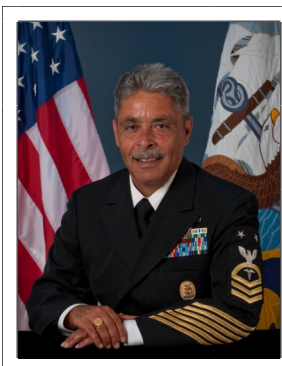
"Every department has been gainfully employed meeting the challenges supporting the frontline war-fighters and their families."

teers in these committees for giving their time, effort and ideas.

The last quarter also saw many of our friends retire and transfer to new adventures. Fair winds and following seas. We have many new faces joining our forces, to them I say welcome. The New Year is upon us bringing new challenges for us to overcome. I look forward to working with each of you in the quest of Public Health. Below is a quote my father gave me 35 years ago that still rings true. (feel free to substitute woman/her/she as needed)

See you around the Command.

"If you work for a man, in heavens name work for him! If he pays you wages that supply you your bread and butter, work for him speak well of him, think well of him, stand by him and stand by the institution he represents. I think if I worked for a man I would work for him. I would not work for him a part of the time, and the rest of the time work against him. I would give an undivided service or none. If put to the pinch, an ounce of loyalty is worth a pound of cleverness." "Elbert Hubbard"



**HMCM (SW/FMF)
ROBERT E. SEARLES, II.
COMMAND MASTER CHIEF
NMCPHC**

NMCPHC Selects Sailor of the Year for 2011

NMCPHC PUBLIC AFFAIRS

PORTSMOUTH, Va. — Hospital Corpsman 1st Class Sherri L. Kennedy was recently named as NMCPHC Sailor of the Year for 2011.

Petty Officer Kennedy, a 16-year Navy veteran, is a Preventive Medicine Technician assigned to the Navy Environmental Preventive Medicine Unit Five (NEPMU5), San Diego, Calif. She was recognized for her selection Sailor of the Year at a ceremony held at the Naval School of Health Sciences, San Antonio.

Navy Medicine and Surgery FORCM (FMF) Sherman Boss, was on hand to recognize Kennedy for her accomplishments.

Kennedy is currently serving as the NEPMU5 Administrative Department Leading Petty Officer (LPO) and Com-

mand Career Counselor, where she's responsible for assisting active duty personnel with career issues and decisions regarding professional development.

"Petty Officer Kennedy consistently demonstrates superb leadership skills in many ways," said NMCPHC Command Master Chief (SW/FMF) Robert Searles II. "No task is a barrier and she constantly guides and mentors many of her shipmates regardless of rank. She embodies Navy Core Values and personifies all that we have come to expect from a First Class Petty Officer."

Kennedy has been a PMT for nearly six years, graduating with honors in July 2006 from Preventive Medicine Technician "C" school.

She will be reporting to Navy Medical Construction Battalion 40 in December, 2011.



SAN ANTONIO, Texas—HM1 Sherri Kennedy is flanked by HMCM (SW/FMF) Robert Searles (left), NMCPHC CMC and BUMED FORCM (FMF) Sherman Boss (right)

Navy Preventive Medicine Technicians Get Valuable Career Tips

NMCPHC PUBLIC AFFAIRS

SAN ANTONIO — Soon-to-be graduates of the Navy's Preventive Medicine Technician "C" School received valuable guidance from Navy Medicine Leadership on November 1, 2011 at the Naval School of Health Sciences (NSHS), San Antonio.

Current Preventive Medicine Technicians (PMTs) from the Navy Environmental Preventive Medicine Units (NEPMUs) in San Diego and Norfolk, along with PMTs from the Navy Entomology Center of Excellence, Jacksonville, gave the students a preview of what they can expect upon graduation.

According to NMCPHC Command Master Chief (SW/FMF) Robert Searles, the students were eager to learn more about their newly chosen career path. "From stem to stern, PMTs typically perform a wide variety of public health functions that help to ensure mission readiness and success throughout the life of a deployment," said Searles.

Prior to deployment, they ensure all immunizations, prophylactic medications and mission-specific public health training takes place for all hands.

During the deployment their responsibilities include ensuring a safe environment for food handling, pest control to personal hygiene.

Upon return from a deployment it is the PMT that is providing an after action report that mitigates future disease and illness as the next unit goes forward.



SAN ANTONIO — Hospital Corpsman 1st Class Sherri Kennedy, Navy Environmental Preventive Medicine Unit Five (NEPMU5), San Diego, Calif., addresses soon-to-be graduates of the Navy Preventive Medicine Technician (PMT) "C" School, NSHS on what to expect in their role as Navy PMTs.

Graduates will be heading to a variety of assignments including ships, Fleet Marine Force, Seabees, Navy Expeditionary Combat Command (NECC) units and the NEPMUs.

NMCPHC Brings Holiday Cheer to Local Area School

NMCPHC PUBLIC AFFAIRS

Christmas will come a little early this year for Norfolk Highlands Primary School, Chesapeake, Va., thanks in part to the efforts of staff from the Navy and Marine Corps Public Health Center (NMCPHC). NMCPHC staff began collecting gifts for needy students shortly before the Thanksgiving holiday.

The annual event began nearly 20 years ago when NMCPHC "partnered" with Norfolk Highlands Primary School as part of the Angel Tree program. Through the Angel Tree program, NMCPHC staff volunteer to "sponsor" needy children, donating presents every holiday season for children identified by the school. Ms. Debra MacLean, NMCPHC staff member and co-

ordinator for the program, has been involved with this community relations initiative since 1993. In spite of the tight economy NMCPHC responded to the "call" as soon as the list of names was provided to the staff. "During the Angel Tree season, our staff really come together to make sure each child is cared for," said MacLean. "We had 42 names of children in need this year and our command outdid themselves this year making sure that each one would receive the gifts they wanted and needed." According to MacLean, along with a wide variety of toys and games, socks, underwear, tee-shirts and pajamas were the items in greatest demand. Many of the children come from low-income or single-parent families and live in areas where gang violence is prevalent.

MacLean works very closely with Ms. Michelle Meyer, the Norfolk Highlands

Primary School counselor in coordinating the Angel Tree effort and providing a little background on the children to assist the "Secret Santas" in what to give the children, beyond what may already be on their lists. According to Ms. Meyer, unemployment is a big factor with many of these families who are barely able to make ends meet.

"This year, for some reason, seems a little more special," said Meyer. "You cannot believe how your command has touched so many and how overjoyed they were to receive so much."

MacLean and a handful of other NMCPHC staff members brought the gifts to the school on Monday, December 19th to ensure that parents had plenty of time to pick them up prior

(Continued on page 5)

For more information, visit us online at www.nmcpHC.med.navy.mil
or follow us on



NMCPHC Health Promotion Support to Wounded Ill and Injured

The Navy and Marine Corps Public Health Center Health Promotion and Wellness Program provides resources, support services and health promotion and wellness information to the Wounded, Ill and Injured (WII) Sailors, Marines and their family members. The focus is to encourage a healthy lifestyle before, during, and after recovery which directly contributes to "mission readiness".

"Given the very unfortunate links between chronic (expensive and life-threatening) illness and unhealthy lifestyle choices such as being overweight, lack of exercise, tobacco use, and poor nutrition, it is very important that these behaviors be addressed at every possible health-care encounter," said Capt. Larry Williams, Project Lead Wounded, Ill and Injured, NMCPHC. "The information available at the NMCPHC Healthy Living website gives everyone-providers, staff, patients, and their families-the tools to address the change from unhealthy to healthy lifestyles."

A visit to the website will provide Case Management resources emphasizing the importance of this population being assigned a case manager from the onset of illness or injury to reintegration. The Tobacco Cessation "No If And/Or Butts Workbook" is a guide for quitting tobacco. In addition this workbook focuses on the effects of tobacco as it relates to wound healing,

Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD). The Resource Directory is a great resource for providers and members to gain quick access and information via fact sheets with web links to other partners and organizations. The Tri-fold marketing and educational tool communicates various health behaviors that impacts the population and is a guide to the outstanding services and products the organization offers. Navy Leader's Guide is an interactive resource to guide and assist leaders in recognizing distress related behaviors and provide support to sailors and marines.

The relaxation CD interfaces with media technology to provide evidence base relation exercises in support of BUMED's health promotion instruction. The sexual health and intimacy educational tool addresses the psychological and physical changes that military members may encounter after deployment. In addition "WII Weekly Tips" short ideas and facts to promote wellness is a great tool for beneficiaries. Health education materials, facts sheets and resources are available on nutrition, weight management, fitness, injury prevention, psychological health, suicide prevention, substance abuse, stress, compassion fatigue, sleep, care to care giver, TBI, PTSD and family member/

children support system. Additional resources such as military helping organizations and Veterans information can be accessed as well.

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**-CAPT. LARRY WILLIAMS
WII PROJECT LEAD**

CONTINUED FROM PAGE 4

to the school's Holiday recess. According to Ms. Meyer, all the families were amazed and grateful, and one father in particular was overcome with emotion when he saw the bicycles that were waiting for his children. "His eyes filled with tears and covered his face with his hand, he was so overwhelmed," said Meyer. "They just came from Nigeria and do not have much, and for them to experience the generosity of Americans in this way is priceless."

MacLean was deeply gratified by the outpouring of support from the staff this year.

"It warms my heart knowing that our command has come together once again and done an outstanding job to make sure that 42 kids from a local school wake up on Christmas morning very, very happy," said MacLean.



NORFOLK, Va.—Ms. Michelle Meyer, School Counselor with Norfolk Highlands Primary School, Chesapeake, Va., (left) and Ms. Debra MacLean, Navy and Marine Corps Public Health Center (NMCPHC) staff and Angel Tree Coordinator (right) pose with presents that were donated by NMCPHC staff for needy children identified through the Angel Tree program.

NMCPHC Plays a Key Role in National Community Preventive Services Task Force

NMCPHC PUBLIC AFFAIRS

Mr. William Calvert, Deputy Director for Population Health with NMCPHC, serves as the Navy liaison to the Community Preventive Services Task Force (Task Force).

The Task Force is an independent, non-federal, volunteer body, appointed by the Director of the Centers for Disease Control and Prevention (CDC), whose members represent a broad range of research, practice, and policy expertise in community preventive services, public health, health promotion, and disease prevention.

Pursuant to Public Law 111-148 and the Public Health Service Act, the Task Force provides invaluable guidance to Congress on key public health issues, research and programs.

The Task Force recently provided their first annual report to Congress, providing vital background on the Task Force, its methods, findings, and recommendations, as well as identifying research gaps and priorities for future work.

The report also describes how states, local communities, and worksites have used Task Force recommendations.

According to Mr. Calvert, NMCPHC has applied Task Force recommendations to tobacco policy and staff health promotion programs.

The Task Force recommendations are published in a Community Guide, a web-based resource to help local communities choose programs and policies to improve health and prevent disease.

"The Community Guide helps us meet our mission," said Calvert. "With limited prevention resources, it's important to the Navy to incorporate interventions proven to work. Our goal is to increase the quality and years of healthy life for our active duty, beneficiary, and civilian workforce." The Fleet and Marine Corps Health Risk Assessment (HRA), a questionnaire used to provide active and reserve members of the Navy and Marine Corps with an evaluation of their health risks and quality

of life and serve as a tool for dialogue with their healthcare provider, has been impacted by the recommendations of the Task Force.

Over 180,000 Fleet and Marine Corp HRAs were completed in 2010.

Following completion of the questionnaire, members are provided individualized feedback, and encouraged to adopt at least one intervention to promote health, sustain function and/or prevent disease.

The Task Force findings provide strong evidence that HRA and feedback are most effective when combined with health education.

Knowledge sharing is critical to the success of the Task Force.

According to Calvert, NMCPHC has incorporated many of the Task Force's recommendations and proven practices into its health promotion programming.

For example, NMCPHC's Tobacco Cessation Program has incorporated several Task Force recommendations, which are based on comprehensive reviews and careful assessment of available medical evidence.

Their findings show that high-intensity, mass media campaigns of long duration when combined with other effective interventions, reduce consumption of tobacco products and increase cessation among tobacco product users.

"The recommendations are often used to support policy changes to improve the health of the Navy family," said Calvert. "Many evidence based practices demonstrate returns of investment to reduce health care cost and improve readiness."

Other Health and Wellness Programs at NMCPHC benefiting from Task Force recommendations include psychological health, nutrition, alcohol and drug abuse prevention, physical fitness and weight management.

According to Dr. Steve Heaston, HRA Program Manager at NMCPHC, with the incorporation of the HRA and corresponding wellness educational programs, there is

a 3:1 return on investment due to reduced medical costs.

"This translates into \$3 saved in health-care costs for every \$1 spent on wellness programs," said Heaston.

Calvert continues to impact National public health decision making by playing a vital role on the Task Force, where he has served for fourteen years.

As a result, valuable information has been obtained to strengthen the NMCPHC Health Promotion and Wellness Program in order to enhance mission readiness through disease prevention and health promotion.

For more information on the Task Force, visit the Community Guide website at: www.thecommunityguide.org.

For more information on Navy and Marine Corps public health programs, visit the NMCPHC website at: www.nmcphc.med.navy.mil.

*"The recommendations
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-WILLIAM CALVERT
NMCPHC POPULATION HEALTH

For more information, visit us online at www.nmcphc.med.navy.mil
or follow us on



Navy Entomology Center of Excellence Staff Serve as Science Fair Judges

LT. RYAN LARSON

NAVY ENTOMOLOGY CENTER OF EXCELLENCE

This winter the Navy Entomology Center of Excellence (NECE) continued a proud tradition of supporting science fairs hosted by local primary and middle schools. Recently eight staff members from the Navy Entomology Center of Excellence served as judges for a science fair at Lakeside Middle School, in Orange Park, FL on Jan. 11, 2012.

"We have judged science fairs at Lakeside Middle School Science Fair for 13 years now," said Mr. Jose Medina, Head of NECE's Admin Dept.

During a prior science fair held on December 9, 2011, eight NECE staff members also teamed up with staff from the Navy Medical Support Command (NMSC) to judge another science fair at Fleming Island Elementary School

"For Fleming Island Elementary School, this is our first year, but we have also judged at other science fairs throughout Duval and Clay County," explained Medina.

NECE's participation in science fairs gives elementary and middle school students a chance

to interact with professional scientists.

"At most science fairs we are permitted to ask the students questions regarding their projects," said Medina. "I think many of the staff members use this opportunity to share with the students some of the projects we are working on or have previously completed along with our scientific knowledge and field experience."

NECE's support to local the local schools has not been limited to assisting at science fairs. The center has previously served on the Lakeside Executive Steering Committee and conducts several outreach events per year, sharing with the students our live snakes, and diverse collection of insects.

According to Medina, these community outreach events are extremely rewarding experiences.

"These opportunities provide the staff an opportunity to wear the uniform and nametag representing both the Navy and NECE while letting the community know we value our partnership with the local education system and community. We truly care about the local community and want to encourage the students to become the scientists and perhaps Navy entomologists of tomorrow."

"I think many of the staff members use this opportunity to share with the students some of the projects we are working on ..."

-JOSE MEDINA
PROGRAM COORDINATOR



JACKSONVILLE — Cmdr. Eric Hoffman, NECE Officer-in-Charge, and Lt. Cmdr. Jinaki Gouridine, NECE staff, evaluate science projects during the Fleming Island Elementary Science Fair.